

Loudoun County Senior  
Center at Cascades  
21060 Whitfield Place  
Sterling, VA 20165

571-258-3280

[www.loudoun.gov/  
seniors-cascades](http://www.loudoun.gov/seniors-cascades)

Part of the Area Agency  
on Aging a Division of



### **Staff:**

**Manager:**

*Brenda Davis*

**Assistant Manager:**

*Judith Mangilin*

**Café Supervisor:**

*Carrie Randolph*

**Customer Service:**

*Joanne Chilcotte*

**Vehicle Operator:**

*Felix Duran*

**Vehicle Operator:**

*Ree Sangaline*

**Center Assistant:**

*Erik Onate*

**Center Hours:**

**Mon./Wed./Thurs./Fri.  
9:00am-5:00pm**

**Tuesdays  
9:00am-8:00pm**

**Saturdays/Sundays  
CLOSED**

**(Available for Rental)**

**The center is CLOSED**

**ON:**

**11/10**

**11/22 (Half day)**

**11/23 & 11/24**

# **SENIOR CENTER REVIEW**

*November 2017 Edition*

## **Manager's Notes -**

November is the month of my favorite holiday - Thanksgiving. One of the things I love so much about working as your manager is that I have the honor of serving such a diverse group of people. I learn from you every day. I am in awe of your energy, your selfless acts of kindness toward each other and the staff and your willingness to share the most beautiful things about your culture so that we may all learn and grow by knowing you. This is at the core of the American experience and provides a perfect example of what it means to come together, in all our differences, and give thanks for each other and for the bounties we've been given. I count you all among my blessings.

## **FLU SHOTS**

Flu shots will be available at the Senior Center on **Tuesday, November 14<sup>th</sup>, from 9:00 a.m. until noon.** Flu shots are **FREE** with your Medicare Part B card. If you do not have Medicare Part B the charge is \$35.



## **VETERANS DAY LUNCHEON**



We salute all men and women who have served our country on **Thursday, Nov. 9<sup>th</sup> from noon- 1:30 p.m.** in the Friendship Café. If you have any military mementos that you would like to share, please see Erik in the Main Office. There will be a special slide show and lunch. Please sign-up on the Lunch Sign-Up Sheet. A lunch donation is requested.

## **THANKSGIVING LUNCHEON**

Please join us in giving thanks for all of our blessings on **Thursday, November 16<sup>th</sup> at noon.** Turkey, mashed potatoes, stuffing, pumpkin pie and more will be served during the Friendship Café lunch. Please sign-up on the regular lunch sign-up sheet. A lunch donation is requested.



## **WINTER SENIOR TRIPS REGISTRATION**

Senior Trips Registration (for winter day trips and overnight trips) begins at **9:00 a.m. on Wednesday, November 15** at all PRCS facilities with RecTrac!

## SENIOR PROGRAMS & ACTIVITIES

The following programs are provided at **NO COST**

Services for Seniors (formerly Senior Outreach Services) with *Kathy Kehoe, Aging Elder Case Manager* for the *Area Agency on Aging* in the office on **November 1 and 15 (11:00 a.m.-4:30 p.m.)**

This is confidential supportive assistance linking you to services and support in the community.

See the sign-up sheet in the office, or call Kathy at 703-737-8741 to make an appointment or ask questions.

## GUEST SPEAKERS

Quinchela Dent-Hess, who is the Community Outreach & Volunteer Coordinator for Loudoun Abused Women's Shelter (LAWS) will be at the center on **Wed. Nov. 15 at 10:30 a.m.** LAWS provides free, confidential services to adults and children who are past and/or current victims of domestic violence, sexual assault and child abuse.

### CURRENT EVENTS DISCUSSION GROUP

**Wednesdays**

**1:00 p.m.-2:30 p.m.**

Are you interested in domestic and international affairs? Would you like to share your perspectives on today's important national and global issues? Join us for our lively and informative discussions on current events at the Center.

**MIND FLOW**  
No meeting for  
the month of  
November



### ADVISORY BOARD MEETING

No meeting for November &  
December



**First Wednesday of  
every month  
November 1, 2017  
1:00 p.m.**

### INDIAN CULTURAL GROUP

**Wednesday,  
November 8, 2017  
10:30 a.m.-12:00 p.m.**

Open to anyone interested  
in attending to celebrate  
Indian Culture.



### COMPUTER LAB ASSISTANCE

**Fridays from 12:30 p.m. -2:00  
p.m. with Jagdish Sachdev.**



### MAH JONGG (AMERICAN VERSION)

**Mondays & Tuesdays at 1:00 p.m.**

All are welcome --from beginners  
to expert level players!

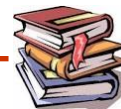
## Jeopardy!

**Wednesday,  
November 29, 2017 at  
11:00 a.m.**

### POTLUCK BINGO

Come join us for Potluck Bingo!  
Potluck Bingo is held the **second  
Tuesday of each month  
at 5:00 p.m.**

Please bring a dish to share (that  
feeds 6-8 people). Come talk, eat,  
and play with us!



### BOOK CLUB

The next meeting will be on  
**November 21 at 12:00 p.m.**  
The book selection for this month  
is **"White Noise" by Don DeLillo**  
New members are welcome!

**PING PONG**  
**Mondays at 1:00 p.m.**

**HAPPY YOGA**  
**Fridays at 10:30 a.m.**



## **\*\*LCSCC ADVISORY BOARD UPDATE\*\***

### **"T-SHIRT DAY"**

Introducing "T-SHIRT DAY!" Wear your teal or purple Senior Center at Cascades T-Shirt on the **3rd Thursday of every month** to show your spirit and pride for our wonderful center!

Don't have a t-shirt yet? Just come to the office and purchase yours today!



### **\*\*CLUB/GROUP\*\***

#### **CAMERA CLUB**

The next meeting will be **Tuesday, November 7, 2017, at 1:00 p.m.** Bring 4 or 5 images of Cemeteries on a thumb drive to share. If you would like to display your photos in the Camera Club display case that is located in the dining room, bring several printed photos (5x7). After we share our images of Cemeteries, we will discuss ideas for next month's theme "Long Exposures." Bring your camera and owner's manual to practice skills and get your questions answered by club members. Beginner or pro, point and shoot to high tech, all are welcome.

#### **CASCADES MAMAS**

Luncheon/meeting at Olive Garden, 45970 Waterview Plaza, Sterling, VA on **Wednesday, November 8<sup>th</sup> at 1:00 p.m.** Important issues will be discussed, to RSVP or for further information, please contact Mary Ann Smith (703) 430-2056.

### **\*\*SPECIAL ACTIVITIES\*\***

#### **POPCORN, MOVIE & SODA**

##### **"The Promise"**

**Wednesday, November 15 at 1:30 p.m.**

**\$3.00 (includes the movie, popcorn & soda)**

A variety of snacks also available for sale!



As the Ottoman Empire is waning and the population of Constantinople stands on the brink of World War I, a love triangle develops among a veteran American journalist, an unassuming doctor-to-be, and a beautiful Armenian artist. 2017; Rated PG-13; 2hr. 13 mins.

#### **CLASSIC MOVIE NIGHT**

##### **"Double Indemnity"**

**Last Tuesday evening of every month  
November 28 at 5:00 p.m.**

A smitten insurance man plots the perfect murder with his femme fatale client: staging her husband's "accidental" death to collect on the insurance. 1944; Not Rated; 1hr. 48 mins.



### **DONATIONS**

The Loudoun County Senior Center at Cascades Advisory Board would like to thank the following people for their monetary donations:

*June Baek* in honor of the volunteers at the Senior Center

*Indian Cultural Group* in honor of Diwali



*Nargis Mirchandani* in honor of her daughter, Kavita Mirchandani

If you would like to donate to the advisory board in honor or memory of someone, (checks payable to LCSCC Advisory Board) see the manager at the center office.



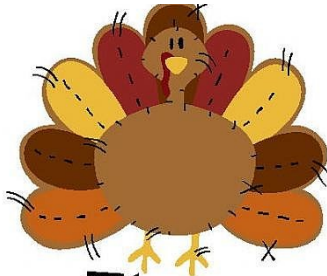

# November 2017 Activity Calendar

## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BONUS BUS WEDNESDAYS!!</b>  <b>First Wednesdays of each month</b>  <b>Extra Shopping Bus:</b>  <b>November 1 - World Market</b>  <b>December 6 - Dulles Towne Center Mall</b></p> 		<p><b>1</b></p> <p>9:00 Aerobics  9:15 Pickle Ball  10:00 O'Heck  10:00 Aerobics  10:30 Beginner Line Dancing  11:00 Ballroom Dancing  11:00 Blood Pressure Check  11:00 Services for Seniors (One-on-One Support)  12:30 Trip to Store  1:00 Forever Fit  1:00 Party Bridge  1:00 Current Events Discussion  ✓ 1:00 Bunco</p>	<p><b>2</b></p> <p>9:00 Aerobics  9:15 High Intermed. Spanish I  10:00 Rejuvenating Exer.  10:00 Intro to Line Dancing  10:30 Bingo  11:00 Pinochle  11:00 Blood Pressure Check  11:00 Zumba Gold  1:00 Easy Yoga DVD  1:00 Duplicate Bridge  1:00 Poker  1:45 Tea &amp; Games</p>	<p><b>3</b></p> <p>9:00 Aerobics  10:00 Aerobics  10:00 Knit &amp; Crocheting  10:15 Canasta  10:30 Happy Yoga  11:00 Blood Pressure Check  11:00 Tai Chi w/Mabel &amp; Marlene  12:30 Computer Lab Assistance  1:00 Intermediate Line Dancing  1:15 Beginner Plus Line Dancing  1:30 Bingo  ✓ 2:00 Hearing Loss Support Group</p>
<p><b>6</b></p> <p>9:00 Aerobics  10:00 Aerobics  10:00 Italian Activity  10:30 ESL Advance  10:30 ESL Beginners  10:30 Bingo  11:00 Duplicate Bridge  11:00 Blood Pressure Check  1:00 Intermediate Line Dancing  1:00 Mah jongg  1:00 Ping Pong  1:00 Spanish for Beginners I  1:30 Crochet Activity</p>	<p><b>7</b></p> <p>9:00 Easy Yoga DVD  9:00 Aerobics  9:30 Conv. Spanish (Advance)  10:00 Rejuvenating Exercise  10:00 Open Painting  10:00 Creative Water Colors  ✓ 10:30 German Cultural Group  10:30 CAFÉ Bingo  10:45 Conv. Spanish (Intemed)  11:00 Blood Pressure check  11:00 Beginner's Tai-Chi  1:00 Canasta / Poker  ✓ 1:00 Camera Club  1:00 Mah jongg  5:00 Pickle Ball</p>	<p><b>8</b></p> <p>9:00 Aerobics  9:15 Pickle Ball  10:00 O'Heck  10:00 Aerobics  ✓ 10:30 Indian Cultural Group  10:30 Beginner Line Dancing  11:00 Ballroom Dancing  11:00 Blood Pressure Check  12:30 Trip to Store  1:00 Forever Fit  1:00 Party Bridge  1:00 Current Events Discussion</p>	<p><b>9</b></p> <p>✓ 9:00 Haircuts for Men  9:00 Aerobics  9:15 High Intermed. Spanish I  10:00 Rejuvenating Exer.  10:00 Intro to Line Dancing  10:30 Bingo  11:00 Zumba Gold  11:00 Pinochle  11:00 Blood Pressure Check  ✓ 12:00 Veterans Day Luncheon  1:00 Easy Yoga DVD  1:00 Duplicate Bridge  1:00 Poker  1:45 Tea &amp; Games</p>	<p><b>10</b></p> <p>The Senior Center is CLOSED For Veterans</p> 
<p><b>13</b></p> <p>9:00 Aerobics  10:00 Aerobics  10:00 Italian Activity  10:30 Bingo  10:30 ESL Advance  10:30 ESL Beginners  11:00 Duplicate Bridge  11:00 Blood Pressure Check  1:00 Intermediate Line Dancing  1:00 Mah jongg  1:00 Ping Pong  1:00 Spanish for Beginners I  1:30 Crochet Activity</p>	<p><b>14</b></p> <p>✓ 9:00 Flu Shots  ✓ 9:00 INOVA Blood Pressure Check  9:00 Easy Yoga DVD  9:00 Aerobics  9:30 Conv. Spanish (Advance)  10:00 Rejuvenating Exercise  10:00 Open Painting  10:00 Creative Water Colors  10:30 CAFÉ Bingo  ✓ 10:30 German Cultural Group  ✓ 10:30 Ceramics Class  10:45 Conv. Spanish (Intemed)  11:00 Beginner's Tai-Chi  1:00 Canasta / Poker  1:00 Mah jongg  ✓ 5:00 Pickle Ball  ✓ 5:00 Potluck Bingo</p>	<p><b>15</b></p> <p>9:00 Aerobics  9:15 Pickle Ball  10:00 O'Heck  ✓ 10:00 Aerobics  ✓ 10:00 Help for Hearing Loss  ✓ 10:30 Guest Speaker: LAWS  10:30 Beginner Line Dancing  ✓ 10:30 Ceramics Class  11:00 Ballroom Dancing  11:00 Blood Pressure Check  11:00 Services for Seniors (One-on-One Support)  12:30 Trip to Store  1:00 Party Bridge  1:00 Current Events Discussion  1:00 Forever Fit  ✓ 1:30 Movie Day: "The Promise"</p>	<p><b>16</b></p> <p>9:00 Aerobics  9:15 High Intermed. Spanish I  10:00 Rejuvenating Exer.  10:00 Intro to Line Dancing  10:30 Bingo  11:00 Pinochle  11:00 Zumba Gold  11:00 Blood Pressure Check  ✓ 12:00 Thanksgiving Luncheon  1:00 Easy Yoga DVD  1:00 Duplicate Bridge  1:00 Poker  1:45 Tea &amp; Games</p>	<p><b>17</b></p> <p>9:00 Aerobics  10:00 Aerobics  10:00 Knit &amp; Crocheting  10:15 Canasta  10:30 Happy Yoga  11:00 Blood Pressure Check  11:00 Tai Chi w/Mabel &amp; Marlene  ✓ 12:00 Birthday Luncheon  12:30 Computer Lab Assistance  1:00 Intermediate Line Dancing  1:15 Beginner Plus Line Dancing  1:30 Bingo</p>

# November 2017 Activity Calendar

## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b> 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Advance 10:30 ESL Beginners 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Intermediate Line Dancing 1:00 Mah jongg 1:00 Ping Pong 1:00 Spanish for Beginners I 1:30 Crochet Activity	<b>21</b> 9:00 Easy Yoga DVD 9:00 Aerobics 9:30 Conversational Spanish (Advance) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:00 Creative Water Colors 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Intermediate) 11:00 Blood Pressure check 11:00 Beginner's Tai-Chi <b>12:00 Book Club</b> 1:00 Canasta / Poker 1:00 Mah jongg 5:00 Pickle Ball  No group meeting for German Social Group	<b>22</b> 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 Blood Pressure Check  <b>The Senior Center is CLOSED</b> (at 12:00 p.m.) <b>HALF DAY</b>	<b>23</b>  <b>The Senior Center is CLOSED</b>   <b>Happy Thanksgiving</b>	<b>24</b>   <b>German Cultural Social Group Tuesdays 10:30 a.m.</b>  Join new group leader Kerstin Kemper to explore all things German.  No registration or pre-requisite required.
<b>27</b> 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity <b>10:00 Mimi's Haircuts</b> 10:30 ESL Advance 10:30 ESL Beginners 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Intermediate Line Dancing 1:00 Mah jongg 1:00 Ping Pong 1:30 Crochet Activity	<b>28</b> <b>9:00 INOVA Blood Pressure Check</b> 9:00 Easy Yoga DVD 9:00 Aerobics 9:30 Conversational Spanish (Advance) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:00 Creative Water Colors 10:30 CAFÉ Bingo <b>10:30 German Cultural Group</b> 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 1:00 Canasta / Poker 1:00 Mah jongg <b>5:00 Classic Movie: "Double Indemnity"</b> 5:00 Pickle Ball	<b>29</b> 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 Blood Pressure Check <b>11:00 Jeopardy</b> 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion	<b>30</b> 9:00 Aerobics 9:15 High Intermed. Spanish I 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing 10:30 Bingo 11:00 Pinochle 11:00 Zumba Gold 11:00 Blood Pressure Check 1:00 Easy Yoga DVD 1:00 Duplicate Bridge 1:00 Poker 1:45 Tea & Games	

### HAIRCUTS

Haircuts for Women  
Monday, 11/27/17  
10:00 a.m.

Haircuts for Men  
Thursday, 11/9/17  
9:00 a.m.



*The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) two weeks prior to the start*

### CORN HOLE ACTIVITY

See Erik Onate if you are interested in playing.



## ADULT DAY CENTERS

Loudoun County Adult Day Centers are County owned and operated licensed adult day centers for seniors with physical limitations or memory loss. Safe, inviting, well-staffed centers are located in Ashburn (571-258-3232), Leesburg (703-771-5334), and Purcellville (571-258-3402). Centers are open weekdays 7:30 a.m. - 5:30 p.m. Video and information available online at: [www.loudoun.gov/adultday](http://www.loudoun.gov/adultday)



## **\*\*CLASSES\*\***

### FOREVER FIT

**Wednesdays,  
October 18– November 15  
(5 weeks)  
1:00 p.m.—1:45 p.m.**



Join us for a new, fun seated fitness class to improve your fitness level without placing stress on your joints. If you like to move to music, this 45 minute class will help you to stay fit as you age! Bring weights (two soup cans or two 16 oz. bottles of water) to the first class of “Forever Fit” class.

**Rectrac # 145607**

\$8/non-member & \$6 for members per class

Registration required.

### CERAMICS CLASS

This class is being offered in 2 sessions:

**November 14 and 15  
10:30 a.m.—12:00 p.m.**

**Rectrac #145602**

\$25 non-members, \$21 for members

Fee includes small ceramic piece. Instructors: Pat Miller & Frank Smith. Advance registration required.



Zumba Gold is a dance fitness program with a Latin/International beat. It is geared toward active adults learning Zumba or those who prefer a low-impact version.

**Thursdays  
11:00 a.m.-12:00 p.m.  
Instructor Vivian Monroe**

Drop-ins welcome \$12/non-member & \$10 for members. Rectrac #145601 (Thurs)  
Registration required.

## ESL (ENGLISH AS A SECOND LANGUAGE) CLASSES

### ADVANCE ESL

**MONDAYS**

**10:30 a.m.**

### BEGINNERS ESL

**MONDAYS**

**10:30 a.m.**



## BUS REMINDERS:

- ♦ First two rows of seats are reserved for handicap, and less mobile passengers.
- ♦ Please do not use heavy perfume or cologne. Due to closed quarters, this can cause allergic reactions for those with allergies.
- ♦ DO NOT STAND UP UNTIL BUS IS FULLY STOPPED, DOORS ARE OPENED, AND DRIVER SAYS OK.



## **\*\*SPECIAL ANNOUNCEMENT\*\***

### **LOUDOUN COUNTY COMMISSION ON AGING MEETING**

The Loudoun County Commission on Aging, appointed by the Board of Supervisors, serves as an advisory board to the Loudoun County Area on Aging, the Board of Supervisors and other Loudoun County agencies on matters affecting older residents. The public is invited to the next Commission meeting,

**Tuesday, November 14 at 9:30 am at Ashburn at the  
PRCS building (20145 Ashbrook Place, Ste. 170,  
Ashburn, VA 20147.**

For more information call the Area Agency on Aging office, 703-777-0257.



#### **KITCHEN**

- CAFÉ (9:45 a.m.-11:00 a.m.)
- SERVERS/CLEANERS (11:30 a.m.-1:30 p.m.)
- SILVERWARE ROLLING (11:30 a.m.- 1:30 p.m.)

#### **HOME DELIVERED MEALS**

- DRIVER (10:15 a.m.-12:00 p.m.)

**FRONT DESK** (9 a.m.-1:00 p.m. & 1:00 p.m.-5:00 p.m.)



## **\*\*UPCOMING EVENTS\*\***

### **“AROUND THE WORLD HOLIDAY CELEBRATION”**

The Holiday Season is upon us. Come see how it's celebrated in different parts of the world on **Dec. 14<sup>th</sup> from 2:00-4:00 p.m.**, and join together in song and dance. \$7/Non-members & \$5/Members in advance. Food samplings from all corners of the globe, and traditional festive music provided by Sky Dantine. Transportation will be available after the event.

### **NEW YEAR'S PARTY/DANCE**

Ring in 2018 with us at Cascades on **Thursday, Dec. 28th from 2:00-4:00 p.m.!!** Music provided by DJ Sky Dantine. Tasty snacks and beverages will be served. Transportation will be available after the event. Tickets are \$7/non-members and \$5/members in advance, HAPPY NEW YEAR!!!!

## **MONTHLY RESOURCES**

**Us Too (Prostate Cancer Educational & Support Group)** – The group will meet the **2nd Tues. (November 14) at 6:00 p.m.**

**INOVA Health Van** - does blood pressure checks **2nd and 4th Tuesdays (November 14 and 28) at 9 a.m.**

**Parkinson's Yoga** - Free class sponsored by Parkinson Foundation of the National Capital Area. Meets **Thursdays at 3:00 p.m.** Registration required, call 301-844-6510 or visit <http://parkinsonfoundation.org/programs> for details.

**Help for Hearing Loss** – Meet with Debbie Jones the **3rd Wed., (November 15) 10 a.m.-Noon** to ask questions about hearing loss

**Hearing Loss Support Group** -The **1st Fri., (November 3, at 2 p.m.)**

### **GO PAPERLESS!**

Let us know if you wish to receive your monthly newsletter electronically!



*Thank You..Thank You..*

### **Have you thanked a volunteer today?**

Our dedicated, smart and talented volunteers are at the heart of making this center thrive! From the moment you walk through the door, our fabulous volunteers are here to greet you with a smile:

Thank you to the volunteers at the front desk for greeting, scanning cards, answering phones, answering questions and helping all who enter

Thank you to the kitchen volunteers who make coffee, serve morning refreshments, call tables, check off names, serve lunch and clean up afterward, pickup breakfast items.

Thank you to the instructors and activity leaders who prepare for and teach/lead classes and activities to open our minds, entertain our souls, move our bodies and expand our horizons

Thank you to the volunteers who provide haircuts to keep us looking our best and take our blood pressure to make sure we are feeling our best

Thank you to the Knit & Crochet volunteers who create beautiful items (stitched with love) and donate them to homeless children, premie babies, oncology patients and others in the community, and contribute items for sale to support the Advisory Board

Thank you to the volunteers who deliver meals to homebound seniors

Thank you to the talented Ceramics volunteers for making beautiful creations to raise funds that go to the Advisory Board and support the center

Thank you to our Advisory Board and their committees (especially the Curio!!) for supporting the center by raising funds and finding unique ways to make our events and the center even more special with live entertainment, props and countless other ways

On behalf of the staff, please join us in thanking a volunteer today!

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